

Fitness

Abs Back Core

Age: 13yrs and up

Muscles are the spine's main defense against gravity. Strengthening the muscles that support the spine can prevent, reduce and even eliminate back pain. Learn the most effective way to strengthen your core. The latest research shows that radical changes need to be made to traditional core training to be safe and effective.

Fee: \$35/1

Instructor: West Coast Kinesiology

Location: Leisure Centre

Th Jan 26 7:00-8:30 PM #165017

Fitness Package

Age: 15yrs and up

This 2 hour session includes a complete fitness test and a counselling session with a kinesiologist to establish your goals and start your program.

Fee: \$117.35/2

Instructor: West Coast Kinesiology

Location: Leisure Centre

By appointment #164998

Fitness Test

Age: 15yrs and up

Clients are provided with a comprehensive one-hour fitness and health risk evaluation: cardiovascular, endurance, strength, flexibility, body composition.

Fee: \$80/1

Instructor: West Coast Kinesiology

Location: Leisure Centre

By appointment #164999

Mini Fitness Assessment

Age: 16yrs and up

A 30 minute basic assessment that will evaluate your blood pressure, body composition and flexibility.

Fee: \$40/1

Instructor: West Coast Kinesiology

Location: Leisure Centre

By appointment #165000

Partner Personal Training

Age: 13yrs and up

You and a friend can work out together with a trainer. One session is 90 minutes. 5 and 10 session packages also available. Note that multiple sessions are one hour each.

Fee: \$106/1(90min), \$309.33/5, \$598/10

Instructor: West Coast Kinesiology

Location: Leisure Centre

By appointment #165001

Personal Training

Age: 13yrs and up

Whether your goal is permanent weight loss, muscle toning, strength building or enhanced physical performance, we can custom design a program tailored to your personal needs.

Fee: \$59/1, \$168/3, \$267/5, \$529/10

Instructor: West Coast Kinesiology

Location: Leisure Centre

By appointment #165002

Bonson Bootcamp



Fitness

Strong Bones

Age: 30yrs and up
Osteoporosis class. This is gradual introduction to an exercise program with focus on resistance training as well as core strengthening and flexibility. Ideal for beginners. Instructor specializes in this age group.

Fee: \$67.60/8

Instructor: West Coast Kinesiology

Location: Leisure Centre

M, W	Jan 9-Feb 1	11:00 AM-12:00 PM	#165023
M, W	Feb 6-29	11:00 AM-12:00 PM	#165024
M, W	Mar 5-28	11:00 AM-12:00 PM	#165025

Fee: \$50.76/6

Location: South Bonson Community Centre

W	Jan 11-Feb 15	9:00-10:00 AM	#165026
W	Feb 22-Mar 28	9:00-10:00 AM	#165027

Strong Bones Advanced

Age: 30yrs and up
Ready for more! Progress to the advanced level of Strong Bones when your instructor feels you are ready. Need to have taken Strong Bones (basic) to register for this class.

Fee: \$67.60/8

Instructor: West Coast Kinesiology

Location: Leisure Centre

M, W	Jan 9-Feb 1	10:00-11:00 AM	#165033
M, W	Feb 6-29	10:00-11:00 AM	#165034
M, W	Mar 5-28	10:00-11:00 AM	#165035

W.O.W. Women on Weights

Age: 16yrs and up
Ladies Only Class. Learn the basics of weight training. Keeping strong can help you avoid injury and stay active for the rest of your life. Our instructor will teach you proper exercise technique as well as some helpful hints for healthy lifestyle choices.

Fee: \$67.60/8

Instructor: West Coast Kinesiology

Location: Leisure Centre

Tu, Th	Jan 10-Feb 2	9:00-10:00 AM	#165036
Tu, Th	Feb 7-Mar 1	9:00-10:00 AM	#165037
Tu, Th	Mar 6-Mar 29	9:00-10:00 AM	#165793

Water Works

All Ages
An aquatic program runs in conjunction with the Arthritis Society. Gentle range-of-motion exercises to increase mobility and function. No swimming required. Health clearance form required completed by physician. Forms available at the Leisure Centre.

Fee: \$64/10

Instructor: West Coast Kinesiology

Location: Leisure Pool

M, W	Jan 9-Feb 8	1:05-1:55 PM	#165038
M, W	Feb 13-Mar 28	1:05-1:55 PM	#165039

Injury Prevention

Knee Injury Prevention

Age: 14yrs and up
Knee injuries are something that most people deal with, especially those involved in sports. It is a weight bearing joint that bends, twists and rotates. All this motion increases the risk of acute or over-use knee injuries. Prevent knee pain by keeping the muscles that support the knees strong and flexible.

Fee: \$35/1

Instructor: West Coast Kinesiology

Location: Leisure Centre

Th	Mar 22	7:00-8:30 PM	#165019
----	--------	--------------	---------

Shoulder Injury Prevention

Age: 13yrs and up
The shoulder is the most complex yet poorly supported of all the major joints. Good upper body strengthening and flexibility can reduce the risk of shoulder injuries from sports. The stronger and more flexible your joints, the more easily they are able to withstand impact or hold up under repetitive motions. A weight training and stretching program is usually sufficient to maintain overall muscle integrity.

Fee: \$35/1

Instructor: West Coast Kinesiology

Location: Leisure Centre

Th	Feb 23	7:00-8:30 PM	#165018
----	--------	--------------	---------

Triad



Sport

Beginner Pilates Mat Class

Adult Sports Conditioning

Age: 16yrs and up

Boot Camp style class with a variety of balance, core strength, agility, stability ball and weight training using specialized equipment. Great all-round workout. All levels welcome.

Fee: \$67.60/8

Instructor: West Coast Kinesiology

Location: Leisure Centre

Tu, Th	Jan 10-Feb 2	6:00-7:00 PM	#164993
Tu, Th	Feb 7-Mar 1	6:00-7:00 PM	#164994
Tu, Th	Mar 6-29	6:00-7:00 PM	#164995

Fee: \$50.76/6

Location: South Bonson Community Centre

M	Jan 9-Feb 13	7:00-8:00 PM	#164996
M	Feb 20-Mar 26	7:00-8:00 PM	#164997

Ski and Snowboard Conditioning

Age: 13yrs and up

Pre-season conditioning for downhill skiers and snowboarders beginners through advanced.

Fee: \$67.60/8

Instructor: West Coast Kinesiology

Location: Leisure Centre

M, W	Jan 9-Feb 1	6:30-7:30 PM	#165020
M, W	Feb 6-29	6:30-7:30 PM	#165021
M, W	Mar 5-28	6:30-7:30 PM	#165022

Sport

Therapeutic Chair Tai Chi

Urban Sport Conditioning

Age: 16yrs and up

Get your workout in early in our 6am, 60 minute personal training workout. Experience cardio, muscle conditioning, core intensives, circuits, stretching and more. Refreshing start to the day!

Fee: **\$199/12**

Instructor: **West Coast Kinesiology**

Location: **Leisure Centre**

M,W,F	Jan 9-Feb 3	6:00-7:00 AM	#165028
M,W,F	Feb 6-Mar 2	6:00-7:00 AM	#165029
M,W,F	Mar 5-30	6:00-7:00 AM	#165030



Running

Intermediate Running Clinic

Strength and Conditioning for Runners

Age: 14yrs and up

Help avoid injury and improve performance. By strengthening muscle, as well as bone and connective tissue, weight training not only helps to prevent injury but also helps to reduce the severity of injury when it does occur.

Fee: \$67.60/8

Instructor: West Coast Kinesiology

Location: Leisure Centre

M, W	Jan 9-Feb 1	7:30-8:30 PM	#165041
M, W	Feb 6-29	7:30-8:30 PM	#165042
M, W	Mar 5-28	7:30-8:30 PM	#165043

Fee: \$50.70/6

Location: South Bonson Community Centre

Th	Jan 12-Feb 16	7:15-8:15 PM	#165044
Th	Feb 23-Mar 29	7:15-8:15 PM	#165045

Sun Run In-Training Clinics

Age: 13yrs and up

This program will help prepare you for the Sun Run whether you want to walk, are a beginner runner or want to improve your running program. Includes Sun Run registration fee, Sun Run t-shirt, training shirt, training log, and 13 week training clinic.

Fee: \$155.68/13

Location: Leisure Centre

Su	Jan 15-Apr 8	9:00-10:00 AM	#165032
----	--------------	---------------	---------

Location: Pitt Meadows Family Recreation Centre

W	Jan 18-Apr 18	6:30-7:00 PM	#165031
---	---------------	--------------	---------

Walking Clubs

Happy Wanderers (604-463-8874)

Meeting Location: Pitt Meadows Heritage Hall

Day/Time: Sat, 9:15am

Indoor Walking Club (Anne, 604-466-4920)

Meeting Location: Valley Fair Mall

Day/Time: Tue/Thu/Sat, 8:30am

Pitt Meadows Women's Walking Club (Bev, 604-465-7425)

Meeting Location: Pitt Meadows Family Recreation Centre

Day/Time: Tue/Thu, 8:45am

Try Hard Walkers (Anne, 604-466-4920)

Meeting Location: Haney Place Mall

Day/Time: Mon/Wed/Fri, 8:30am

Stride to Thrive (Bette, 604-462-7919)

For women whose lives have been touched by cancer including family members & friends.stridetothrive@hotmail.com

Meeting Location: Jerry Sulina Park, meet at signboard

Day/Time: Sat, 10am

Whonnock Walkers (Maureen, 604-467-5772)

Meeting Location: Whonnock Lake Centre

Day/Time: Mon/Wed/Fri, 9:15am

Running Clubs

Athletes in Kind (aik) (Lorie, 604-465-4787)

Meeting Location: Pitt Meadows

Day/Time: Check online at www.athletesinkind.com

Alouette Achilles Running Club (Tammi, 604-463-0698)

Meeting Location: UBC Research Forest. All levels welcome.

Day/Time: Sun, 9:00am

Pitt Meadows Running Club (Steve, 604-466-1866)

Meeting Location: Call for times and location.

Day/Time: Wed & Sun

Running Room (Mark or David, 604-460-9509)

Meeting Location: #505, 20395 Lougheed Hwy, MR

Day/Time: Wed, 6:30pm; Sun, 8:30am

For more information on Walk/Run Clubs
please contact Russ Brummer at
604-467-7498 or
rbrummer@mapleridge.ca